

# TURBO WORKOUTS



## LOW IMPACT - HIGH INTENSITY

Below is a list of 'TURBO' workouts you can add to your current plan to accelerate results.

### Week 1

DAY 1 - A1 Total Body Sculptor  
DAY 2 - 15 Minute Abs  
DAY 3 - Arms Extra  
DAY 4 - Hips and Glutes  
DAY 5 - Just Combo  
DAY 6 - Cardio Starter 3

### Week 2

DAY 1 - Total Body Sculptor A2  
DAY 2 - H2O Boiling Point  
DAY 3 - Abs Extra  
DAY 4 - Abs and Arms  
DAY 5 - Standing Pilates 2  
DAY 6 - AvD – Superhero Intense

### Week 3

DAY 1 - Swinging Sixties  
DAY 2 - Ab Intervals  
DAY 3 - Total Body Sculptor B1  
DAY 4 - KickBox Pilates  
DAY 5 - Standing Pilates  
DAY 6 - Cardio Crazy

### Week 4

DAY 1 - Resistance Intervals  
DAY 2 - DZ2 Core  
DAY 3 - Pilates Tabata  
DAY 4 - Standing Pilates 2  
DAY 5 - B2 Total Body Sculptor  
DAY 6 - Hardcore HIIT